

Migrant & Seasonal Farmworker



Resource Directory

May 2000

MAINE
DEPARTMENT OF
LABOR
Labor Standards

The Maine Department of Labor is an equal opportunity employer. Auxiliary aids and services are available upon request to individuals with disabilities.

Telephone (207) 624-6400 TTY: 1-800-794-1100 FAX (207) 624-6449

Abused Women's Advocacy Project

P.O. Box 713
Auburn, ME 04212-0713
Contact: Christine Fenno
207-795-6744
Toll Free: 1-800-559-2927

Office of Thomas Allen

234 Oxford Street
Portland, ME 04101
207-774-5019

Washington, DC

1717 Longworth House Office Building
Washington, DC 20515
202-225-6116

American Red Cross

Auburn

P.O. Box 439
Auburn, ME 04212-0439
207-795-4004

Augusta

Maine State Armory Bldg.
Western Avenue
Augusta, ME 04330
207-626-7837

Bangor

33 Mildred Avenue
Bangor, ME 04401
207-941-2903

Brunswick

9 Bank Street
Brunswick, ME 04011
207-729-6779

Ellsworth

75 State Street
Ellsworth, ME 04605
207-667-4737

Fairfield

72 Main Street
Fairfield, ME 04937
207-453-8029

Portland

524 Forest Avenue
Portland, ME 04101
207-874-1192, Ext. 221 or 222

Presque Isle

141 State Street
Presque Isle, ME 04769
207-762-5671

Rockland

312 Broadway
Rockland, ME 04841
207-594-4576

Androscoggin Head Start & Child Care

Coburn School
269 Bates Street
Lewiston, ME 04240
E-mail: HSKids@aol.com
Contact: Estelle R. Rubin
207-795-4040

Hours: 6:30 a.m. to 5:30 p.m.

Head Start/Early Head Start for children ages 0-5. Serving the Androscoggin County area. Free to families meeting income guidelines. Call to apply or to receive additional information on other programs available.

Aroostook County Action Program, Inc.

771 Main Street
P.O. Box 1116
Presque Isle, ME 04769
Contacts: Belinda Page or Susan Hebert
207-768-3045

207-496-7681
Toll Free: 800-432-7881

Spanish-speaking staff available.

Hours: (Seasonal) July and August
Monday – Friday 7:00 a.m. to 5:00 p.m.

Full-day educational program for children age 6 months through middle school. Includes developmental screenings, referrals, meals, transportation and strong parental involvement. Serving the Central Aroostook County area. Call or write for an application.

Aroostook Health Center

33 Walker Street
P.O. Box 130
Ashland, ME 04732
207-435-6341

Aroostook Medical Center

140 Academy Street
Presque Isle, ME 04769
Hospital: 207-768-4000
Emergency Room: 207-768-4100
TTY: 207-768-4192

Arthur Jewell Community Health Center

P.O. Box 159
Brooks, ME 04921
207-722-3488

Office of John Baldacci

Bangor
202 Harlow Street, Rm. 235
Bangor, ME 04401
207-942-6935

Washington, DC
1740 Longworth House Office Building
Washington, DC 20515-1902
202-225-6306

Bangor Area Homeless Shelter

263 Main Street
Bangor, ME 04401
207-947-0092

A 32-bed emergency shelter for adults 18 and over, with no serious medical / ambulatory issues, no bad history at the shelter and not under the influence. Open 24 hours a day, 7 days a week.

Bangor Department of Health & Welfare

103 Texas Avenue
Bangor, ME 04401
Contact: Kim Harvey, Director
Toll-Free: 800-470-3769
Fax: 207-941-3063

WIC Program Administration

Battered Women's Project

24 hour toll free domestic violence response phone line. Access to emergency shelter, support groups, information and education for victims of domestic violence.

Office hours are 8:00 a.m. - 5:00 p.m.
Spanish speaking volunteers available.
**Toll Free: 800-439-2323 or
207-769-8251**

Caribou
P.O. Box 1358
Caribou, ME 04736
207-498-6146

Fort Kent

96 Market Square
Fort Kent, ME 04743
207-834-7395

Houlton

P.O. Box 986
Houlton, ME 04730
207-532-4004

Presque Isle

421 Main Street
Presque Isle, ME 04769
207-764-2977

**Belgrade Regional
Health Center**

School Street, P.O. Box 274
Belgrade Lakes, ME 04918
Contact: Bill Getty
207-495-3323

Hours: Monday - Friday 8:00 a.m. to 4:30
p.m., Thursday evenings 5:00 to 7:00 p.m.

Serves the Belgrade Lakes Region providing
general health care for all ages including pe-
diatrics, adolescents, adults, and the elderly.
Refers patients to appropriate specialists and
provide hospital care when necessary. Fees
are based on family size and income for pa-
tients who qualify.

Bethel Family Health Center

P.O. Box 1367
Bethel, ME 04217
207-824-2193

Biddeford Free Clinic

189 Alfred Street
Biddeford, ME 04005
Contacts: Marguerite Gokmen, Director
207-282-1138

Hours: Monday & Thursday evenings
6:00 to 9:00 p.m.

Serving mostly York County providing gen-
eral medical care. Provides non-narcotic
medications prescribed by a physician and a
few laboratory tests are conducted on site.

Bingham Health Center

P.O. Box 746
Bingham, ME 04920
207-672-4187

**Blueberry Harvest
Rakers' Center**

Epping Road
Columbia Falls, Maine 04623
Contact: Barbara Ginley, MPH
207-622-9252

Hours: Monday - Friday 8:30 a.m. to 4:00
p.m. for 4 weeks during the blueberry har-
vest. Call prior to harvest for exact dates.

Agency representatives are available from
Training & Development Corporation, Gen-
eral Assistance, Food Stamps, Migrant
Education, Social Security, Department of
Labor, Medicaid, Pine Tree Legal & Har-
rington Migrant Head Start Program. There
is also a food pantry on site, sponsored by
Maine Migrant Health Program of Maine.
Workers and their families must go to the in-
take desk located at Rakers' Center to access
services.

**The Blueberry Harvest
Summer Youth Program**

Washington County
Location to be determined.
Contact: Ray Therrien
207-778-2735

Board of Pesticides Control

28 State House Station
Augusta, ME 04333
E-mail: gary.fish@state.me.us
Contact: Gary Fish
207-287-2731

Hours: Monday – Friday 8:00 a.m. to 5:00 p.m. Answering service available for after hours or for emergencies.

Statewide pesticide safety training for all agricultural workers and trainers of agricultural workers. Video tape library and training materials available for agriculture worker trainers. Free of charge.

Bread of Life Ministries Shelter

157 Hospital Street
Augusta, ME 04330
Contact: John Applin
207-626-3434

The Broccoli Harvest School

P.O. Box 1116
117 Main Street
Presque Isle, ME 04769
Contact: Belinda Page, Migrant Coordinator
207-768-3045

Bucksport Regional Health Center

P.O. Box 447
Bucksport, ME 04416
207-469-7371

Bureau of Rehabilitation Services

150 State House Station
Augusta, ME 04333-0150
207-624-5950

Camelia Agency

25 Bates Street
Portland, ME 04103
Contact: Lucy Marmanillo-Gore
207-774-5290

Hours: 9:00 a.m. to 5:00 p.m.

Services offered include Spanish-English translations, Notary Public services, immigration applications for resident alien cards, asylum requests and naturalization. Fees for services: \$15.00 per hour (negotiable.)

CareerCenters

Serving the entire State of Maine by providing training and employment assistance. Training: Whether you are looking to upgrade your skills or embarking on a new career, the CareerCenter can put you in touch with the best education and training resources in your area of choice; Employment: If you are unemployed, the CareerCenter Staff will provide expert assistance backed by up-to-date resources. We know which companies are hiring, and offer tests to evaluate your aptitude for and interests in various careers. The professional staff will help you prepare a résumé and polish your interviewing techniques. At the heart of each CareerCenter is the Information Center. Combining the elements of a library, computer center, office and video center, it's free and open to all job seekers and employers. Website: www.mainecareercenter.com

Locations and Phone Numbers:**Augusta**

2 Anthony Avenue
109 State House Station
Augusta, ME 04333-0109
207-624-5120
Toll Free: 1-800-760-1573
TTY: 207-624-5134 or 1-800-633-0770

Bangor

45 Oak Street
P.O. Box 402
Bangor, ME 04402-0402
207-561-4650
TTY: 207-561-4670

Bath

34 Wing Farm Parkway
Bath, ME 04530
207-442-0300
Toll Free: 1-888-836-3355
TTY: 207-443-7449

Belfast

9 Field Street, Suite 309
Belfast, ME 04915-6663
207-338-5158
Toll Free: 1-877-421-7917
TTY: 207-338-4399

Calais

13 Beech Street
P.O. Box 415
Calais, ME 04619-0415
207-454-7551
Toll Free: 1-800-543-0303
TTY: 207-454-7230

Dover-Foxcroft

Dover Plaza, Guilford Road
1073 West Main St., Suite 4
P.O. Box 360
Dover-Foxcroft, ME 04426-0360
207-564-8358
Toll Free: 1-800-350-4165
TTY: 207-564-6990

Ellsworth

248 State Street, Suite 3A
Ellsworth, ME 04605-1850
207-664-2300
Toll-Free: 1-800-371-7543
TTY: 207-667-1576

Houlton

91 Military Street
Houlton, ME 04730-2421
207-532-5300
Toll Free: 1-800-691-0033
TTY: 207-532-5301

Lewiston

5 Mollison Way
Lewiston, ME 04240-5805
207-753-9000
Toll Free: 1-800-741-2991
TTY: 207-753-9067

Machias

15 Prescott Drive, Suite 1
Machias, ME 04654
207-255-1900
Toll Free: 1-800-292-8929
TTY: 207-255-1908

Madawaska

88 Fox Street, Suite 103
Madawaska, ME 04756-1352
207-728-6345

Millinocket

215 Penobscot Avenue
Millinocket, ME 04462
207-723-8321

Newcastle

3 Hall Street
P.O. Box 668
Newcastle, ME 04553-0668
207-563-8697

Norway

274 Main Street
Norway, ME 04268-5923
207-743-7763

Portland

185 Lancaster Street
Portland, ME 04101-2453
207-771-5627
Toll Free: 1-877-594-5627
TTY: 207-822-0412

Presque Isle

66 Spruce Street
Presque Isle, ME 04769-3222
207-760-6300
Toll Free: 1-800-635-0357
TTY: 207-760-6301

Rockland

116 Tillson Avenue
Rockland, ME 04841-3424
207-594-9576
Toll Free: 1-877-421-7916
TTY: 207-596-6251

Rumford

35 Congress Street
Rumford, ME 04276-2096
207-364-3738
Toll Free: 1-877-421-7915
TTY: 207-369-9781

Saco

110 Main Street, Suite 1400
Saco, ME 04072-3504
207-286-2650
Toll Free: 1-800-760-1570
TTY: 207-286-2680

Sanford

763 Main Street
Sanford, ME 04073-3505
207-324-5460
Toll Free: 1-800-343-0151
TTY: 207-490-1103

Skowhegan

140 North Avenue
P.O. Box 749
Skowhegan, ME 04976-0479
207-474-4950
Toll Free: 1-800-760-1572
TTY: 207-474-4902

Waterville

100 JFK Plaza
Kennedy Memorial Drive
Waterville, ME 04901-5015
207-872-5516
TTY: 207-873-1935

Wilton

865 US Route 2E
Wilton, ME 04294-6649
207-645-5800
Toll Free: 1-800-982-4311
TTY: 207-645-5806

Caribou Headstart Program

P.O. Box 304
Caribou, ME 04736
207-496-7681

**Catholic Charities Maine
Family Child Care Program**

Collaborates with a network of certified home child care providers to enroll children from income eligible families seeking assistance with their child care needs. Child care providers possess CPR/First Aid certification and ongoing child development training. Children are provided with a safe and healthy environment, nutritious meals and snacks. Child care providers are visited monthly by a field coordinator. Eligibility is based on income. Subsidized child care services available on a sliding-fee scale.

In Cumberland and York Counties:

562 Congress Street
Portland, ME 04101
207-871-7443

In Kennebec and Somerset Counties:

66 Western Avenue
Fairfield, ME 04937-0378
800-660-5231 or 207-453-4365

In Androscoggin County:

15 Westminster Street
Lewiston, ME 04240
800-784-0157 or 207-786-0925

Catholic Charities Maine Refugee & Immigration Services

562 Congress Street
Portland, ME 04101
Contact: Matthew Ward
207-871-7437

Spanish speaking staff and interpreter service available.

Hours: 8:00 a.m. to 5:00 p.m.

Serving refugees in the State of Maine under a cooperative agreement with the United States Catholic Conference Migration and Resettlement Services, Catholic Charities Resettlement Services offers a comprehensive program of the reception and placement of refugees resettling in the Portland diocese. Resettlement services promote community acceptance and early self-sufficiency. Services also available to refugees are airport reception, assurance of basic needs (food, clothing, & housing), case management, cultural orientation, education and training for employment, mental health case management, and assistance with family reunification.

Center for Community Dental Health

People of all ages and incomes are welcome for preventive and restorative treatment at the center servicing their locale. Dental treatment (excluding root canals, dentures and crowns), are provided at a sliding fee rate for qualified patients based on family size and income. Medicaid eligible patients also accepted. Call for an appointment.

Hours: Monday – Friday 8:00 a.m. to 4:30 p.m.

Auburn

Tri-County Dental Health Center
15 South Main Street
Auburn, ME 04210
207-777-7442

Portland

Cumberland County Dental Health Center
813 Washington Avenue
Portland, ME 04103
207-874-1028

Saco

York County Dental Health Center
Kimball Health Center
333 Lincoln Street
Saco, ME 04072
207-282-1305

Sanford

Sanford-Springvale Dental Health Center
941 Main Street
Sanford, ME 04073
207-324-5508

Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m.

Bill on sliding scale according to income.
Accept Medicaid and Cubcare.

Central Maine Medical Center

300 Main Street
Lewiston, ME 04240
207-795-0111
Emergency 207-795-2200
TTY: 207-795-2690

Child & Family Opportunities, Inc.

2 Court Street and 6 Court Street (2 locations)
P.O. Box 648
Ellsworth, ME 04605
E-mail: brittum@childandfamilyopp.com
Contact: Britt Uhr-Morse
207-667-2995

Hours: Monday - Friday 8:30 a.m. to 4:30 p.m.

Administers a 9-month Head Start Program and the Harrington Migrant Head Start Program. The latter program is for children 6 weeks through 5 years (until kindergarten eligible) of migrant blueberry workers. The Head Start Center is located on Route 1A, approximately 2 miles south of Junction Route 1 in Harrington, or 5 miles north of Milbridge. Transportation is provided for all children, and runs from 6:30 a.m. to 5:30 p.m., Monday through Friday. Saturday care provided from 6:30 a.m. to 2:30 p.m. Interested families should enroll at the Rakers' Center, Epping Road, Columbia Falls. Parents should bring children's immunization records, Medicaid or band numbers, social security numbers and proof of income. If children have attended the program previously, bring child's continuity record. Enrollment staff can assist parents in obtaining any of the above information or refer them to other agencies available to meet their needs during their stay in Washington County. For more information, contact Julie

Noyes at 207-483-2212 or write to Child & Family Opportunities, Inc.

Child Development Program

PROP-Cumberland County
510 Cumberland Avenue
Portland, ME 04101
Contact: Jami Collins
207-874-1140, Ext. 352

Chisholm Family Shelter/Community Concepts

100 York Street
Rumford, ME 04276
Contact: Margaret McNeal
207-364-3721
Shelter 207-364-3824
Rides Program 207-364-3685

Clothes Closet/Food Pantry - Windham

Windham, ME 04062
207-892-1931

Coastal Community Action Program

Agency administers a variety of programs for residents of Knox, Lincoln and Waldo Counties; among them the WIC Program, the Fix Me Program, which offers low interest home improvement/replacement loans; CCAP Housing Investment Funds, a weatherization program for low income households to make their homes more energy efficient, also offers temporary assistance to homeless persons or families at risk of homelessness due to eviction.

Belfast

9 Field Street, Suite 307
Belfast, ME 04915
207-338-1268

Rockland

4 Union Street
P.O. Box 808
Rockland, ME 04841
E-mail: ccap@ime.net
Contact: Linda Powell
207-596-0361

**Coastal Economic
Development Corporation**

Bath

34 Wing Farm Parkway
Bath, ME 04530
Contact: Jean Ouellette-Brillant
207-442-7963
Toll Free: 800-221-2221

Belfast

9 Field Street, Suite 309
Belfast, ME 04915
207-338-5158

Newcastle

Academy Hill, P.O. Box 668
Newcastle, ME 04553
207-563-8697

Rockland

116 Tillson Avenue
Rockland, ME 04841
207-594-9576

Office of Susan Collins

202 Harlow Street, Rm. 204
P.O. Box 655
Bangor, ME 04402
207-945-0417

Washington, DC

172 Russell Senate Office Building
Washington, DC 20510
202-224-2523

Community Concepts, Inc.

Auburn:

79 Main Street
Auburn, ME 04210
207-795-4065 or 207-795-4030

Rumford:

17-19 Market Square
So. Paris, ME 04281
207-743-7716

**Community Health & Counseling
Services/Crisis Services**

42 Cedar Street
Bangor, ME 04401
Toll Free and TTY: 888-568-1112

Cuban Interest Section

2639 16th Street NW
Washington, DC 20009
202-797-8609

Cumberland Legal Aid Clinic

University of Maine School of Law
246 Deering Avenue
Portland, ME 04102
Contact: Diane Arbour, Office Manager
207-780-4370
Toll Free 877-780-2522 (Outside of Greater
Portland)

The Cumberland Legal Aid Clinic represents financially qualified individuals in Cumberland, York, Southern Androscoggin and Western Sagadahoc counties. We also represent clients before state agencies in Augusta. Services are at no charge, but there is a

required \$10 deposit for miscellaneous expenses. The Clinic handles most civil and criminal matters. New cases are taken when resources are available. The Clinic cannot give advice or information on the phone and does not maintain a waiting list. The Clinic represents clients at both the trial and appellate levels. Clients are represented by student attorneys, who are third-year law students specially licensed by the Maine Supreme Judicial Court and the United States District Court to practice under the supervision of a fully licensed faculty member.

D.F.D. Russell Medical Center

180 Church Hill Road, Suite 1
Leeds, ME 04263
207-524-3501

Department of Environmental Protection

312 Canco Road
Portland, ME 04103
Toll Free: 800-482-0777
207-822-6300

Department of Human Services

Department of Human Services helps with locating resources and allocates funds for food stamps, Temporary Assistance for Needy Families (TANF), Medicaid and other social services.

Locations & Phone Numbers:

Main Office:

35 Anthony Avenue
Augusta, ME 04330
207-624-5243
Toll Free: 800-452-1926
TTY: 207-624-5289

Augusta

219 Capitol Street
Augusta, ME 04330
207-624-8000
Toll Free: 800-452-1926
TTY 207-624-8004

Bangor

396 Griffin Road
Bangor, ME 04401
207-561-4333
Toll Free: 800-432-7825
TTY 207-561-4403

Biddeford

208 Graham Street
Biddeford, ME 04005
207-286-2430
Toll Free: 800-322-1919
TTY 207-286-2402

Calais

88A South Street
Calais, ME 04619
207-454-9000
Toll Free: 800-622-1400
TTY 207-454-3415

Caribou

14 Access Highway
Caribou, ME 04736
207-493-4050
Toll Free: 800-432-7366
TTY 207-493-4034

Ellsworth

17 Eastward Lane
Ellsworth, ME 04605
207-667-1656
Toll Free: 800-432-7823
TTY 207-667-1639

Farmington

25 Main Street
Farmington, ME 04938
207-778-8223
Toll Free: 800-442-6382
TTY 207-778-8239

Fort Kent

92 Market Street
Fort Kent, ME 04743
207-834-7770
Toll Free: 800-432-7340
TTY 207-834-7702

Houlton

11 High Street
Houlton, ME 04730
207-532-5055
Toll Free: 800-432-7338
TTY 207-532-5085

Lewiston

200 Main Street
Lewiston, ME 04240
207-795-4394
Toll Free: 800-482-7517
TTY 207-795-4595

Machias

13 Prescott Drive
Machias, ME 04654
207-255-2000
Toll Free: 800-432-7846
TTY 207-255-6866

Portland

161 Marginal Way
Portland, ME 04101
207-822-2071
Toll Free: 800-482-7520
TTY 207-822-2293

Rockland

360 Old County Road
Rockland, ME 04841
207-596-4200
Toll Free: 800-432-7802
TTY: 207-596-4201

Sanford

890 Main Street, Suite 208
Sanford, ME 04073
207-490-5418
Toll Free: 800-482-0790
TTY 207-490-5466

Skowhegan

140 North Avenue
Skowhegan, ME 04976
207-474-4800
Toll Free: 1-800-452-4602
TTY 207-474-4891

South Paris

243 Main Street, Suite 6
South Paris, ME 04281-9901
207-774-1200
Toll Free: 1-888-593-9775
TTY 207-774-1224

Department of Labor

54 State House Station
Augusta, ME 04330
207-624-6400
TTY: 1-800-794-1110
Website: <http://janus.state.me.us/labor.htm>

The Maine Department of Labor (MDOL) provides job recruitment and training; loans and grants; tax credits; unemployment insurance; rehabilitation and displaced worker services; and information regarding legal compliance, labor relations and labor markets. MDOL's SafetyWorks! program assists with workplace safety and health and can be reached at 1-877-SAFE-345. See also Divi-

sion for the Blind and Visually Impaired,
Division of Migrant & Immigrant Services,
and CareerCenters.

Division for the Blind & Visually Impaired

185 Lancaster Street
Portland, ME 04101-2453
Contact: Susan Anderson
207-822-0400
Toll Free: 800-315-1192
TTY: 207-822-0412

Hours: 8:00 a.m. to 5:00 p.m.

Our goal is to help the blind and visually impaired retain or return to employment. Individuals may receive individual counseling and guidance, vocational assessment, orientation and mobility instruction to develop independent travel skills, and other training, devices, treatment, job placement and follow-up services to enable them to succeed in a job.

Division of Migrant & Immigrant Services

Coordinates migrant and immigrant issues in Maine, ensuring that these workers obtain social services, helping employers hire foreign workers and promoting awareness of the needs of the migrant and immigrant communities throughout Maine.

Contacts:

Director & State Monitor Advocate

Juan A. Perez-Febles
185 Lancaster Street
Portland, ME 04101-2453
207-822-0400
TTY: 207-822-0412

Alien Labor Certification

Vaughn LeBlanc
45 State House Station
Augusta, ME 04333-0045
207-624-6487

Migrant Farmworker Hotline:

1-800-234-8848
Spanish Speaking Operator

Department of Mental Health, Mental Retardation & Substance Abuse Services

40 State House Station
Augusta, ME 04333-0040
Contact: Meryl Troop
207-287-4240 (Voice & TTY)

Portland Regional Office:
207-822-0341 (Voice & TTY)
Interpreter Service Available.
Hours: Monday – Friday 9:00 a.m. to 5:00 p.m.

Working to eliminate barriers in obtaining mental health, mental retardation, and substance abuse services based on linguistic access; provides information & training to make resources available to provider agency personnel; participates in training of interpreters to work in mental health, mental retardation, and substance abuse settings; advocates for improved access and culturally competent services in all aspects of life for consumers; translation of key departmental documents into predominant languages spoken in Maine.

Dorr House

H.O.M.E. Inc.
90 Schoolhouse Road
P.O. Box 10
Orland, ME 04472
207-469-7961

Down East Community Hospital

Upper Court
RR 1 Box 11
Machias, ME 04654
207-255-3356

Downeast Health Services, Inc.

Calais

37 Union Street
Calais, ME 04619
207-454-3634
Toll Free: 800-924-2628

Ellsworth

P.O. Box 1087
Christian Ridge Road
Ellsworth, ME 04605
Contact: Trudy Lunt
207-667-5304, Ext. 222
Toll Free: 800-492-5550

Machias

71 Court Street
Machias, ME 04654
207-255-8280
Toll Free: 800-313-1223

Agency provides and administers WIC Program services.

East Grand Health Center

Route 1
P.O. Box 44
Danforth, ME 04424
Contact: Mildred Faulkner
207-448-2347

Hours: Monday – Friday 8:30 a.m. to 4:00 p.m., Wednesday evenings to 6:00 p.m.

Provides general medical care for Danforth and the surrounding communities.

Eastern Maine Medical Center

489 State Street
Bangor, ME 04402-0404
Hospital: 207-973-7000
Emergency Room: 207-973-8000

Eastport Health Care

30 Boynton Street
Eastport, ME 04631
Contact: Fred Connley
207-853-6001

Hours: Monday – Friday 8:00 a.m. to 5:00 p.m., Tuesday 8:00 a.m. to 8:00 p.m.

Providing comprehensive health care services including dental, podiatry, and mental health for groups, serving the northeast Washington County area.

Eating Disorder Program

University Health Services
Hills Beach Road
Biddeford, ME 04005
207-282-1516

Eating Disorder Support Group

Acadia Hospital
268 Stillwater Avenue
P.O. Box 422
Bangor, ME 04401-0422
207-973-6100

El Salvador, Embassy of

2308 California St., NW
Washington, DC 20008
202-265-9671

Electricity Lifeline Program

Central Maine Power
83 Edison Drive
Augusta, ME 04336
Toll Free: 800-750-4000

Ellsworth Free Clinic

67 Bayview Avenue
Ellsworth, ME 04605
207-667-7953

Emmaus Center

Corner Main/Water Street
P.O. Box 811
Ellsworth, ME 04605
Contacts: Cindy Booker-Bingler or Hugh Curran
207-667-3962

Open year round 24 hours a day.

Providing shelter for the homeless in Hancock & lower Washington Counties. Fee for shelter, if possible, is \$3.00 - \$5.00 per night.

Fair Harbor Emergency Shelter (for girls)

87 Spring Street
Portland, ME 04101
Contact: Paula Banks
207-874-1130 x 3004
Contact: Annie Neelon
207-874-1130 x 3018

Family Crisis Services

P.O. Box 704
Portland, ME 04104-0704
207-874-1973
Toll Free: 800-537-6066
Outreach Offices:
Bridgton: 207-647-8501

Brunswick: 207-798-6989
Portland: 207-874-8512

24-hour Hotline. Interpreters available. Call for an appointment if interpreter is needed.

Hours: Monday – Friday 9:00 a.m. to 5:00 p.m.

Serving Cumberland and Sagadahoc Counties providing support and assistance to all victims of domestic violence, regardless of race, religion, income level, marital status, sexual orientation, immigration status or language spoken. Two confidential location shelters available for battered women and their children. Outreach offices provide assistance with police, court systems, obtaining Protection from Abuse orders and referral to community resources. Support groups for women meet in Bath, Portland, and Bridgton. All services are free and confidential. We are not the police and will never contact the police without the permission of the person we are working with.

Family Violence Project

P.O. Box 304
Augusta, ME 04332
Contact: Jodi Ximiness
207-623-3569
Toll Free: 877-890-7788, nights and weekends.
Interpreter available if needed.

Hours: Monday – Friday 9:00 a.m. to 5:00 p.m.

Serving Kennebec and Somerset counties. Family Violence Project is an independent, nonprofit organization dedicated to servicing the special needs of women, men and children who are experiencing domestic violence. Services include advocacy, referrals, children's programs, emergency shelter, support groups, and community education.

First Call

P.O. Box 888
Lewiston, ME 04243
Toll Free: 800-795-6677

Emergency referral service.

Fish River Rural Health Systems

Eagle Lake Health Center
P.O. Box 309
Eagle Lake, ME 04739
207-444-5384

Fort Kent Health Center
143 E. Main Street
Fort Kent, ME 04743
207-834-3971

Food Bank - Raymond

Raymond Village Community Church
P.O. Box 285
Raymond, ME 04071
207-655-7749

Food Pantry - South Portland

First Congregational Church
301 Cottage Road
South Portland, ME 04106
207-799-3361

Serving the South Portland/Cape Elizabeth
community.

Good As New Thrift Shop

60 Main Street
Houlton, ME 04730
207-532-0632

Sells low cost second hand clothing. Call for
store hours.

Good Shepherd Food Bank

415 Lisbon Street
Lewiston, ME 04240
207-782-3554

Guatemala, Embassy of

2220 "R" St., NW
Washington, DC 20008-4081
202-745-4952

Harrington Family Health Center

P.O. Box 82
Harrington, ME 04643
Contact: Joan Crockett
207-483-4502

Hours: Monday 8:00 a.m. to 8:00 p.m.
Tuesday – Friday 8:00 a.m. to 5:00 p.m.

Provides family health care to migrant and
seasonal workers in Washington County.
When mobile health care unit is at the blue-
berry barrens, workers may be referred when
necessary. Sliding fees available with a
\$10.00 minimum charge.

Health Care for the Homeless Program

Public Health Division
15 Portland Street
Portland, ME 04101
Contacts: Nate Nickerson, NP or Bonny
Weed, RN
207-874-8445

Hours: Monday – Friday 8:00 a.m. to 10:00
a.m. (Walk-ins)
2:00 p.m. to 3:30 p.m. (By appointment)
3:30 p.m. to 5:30 p.m. (M-T)(Walk-ins)

Serving the homeless of the Greater Portland area with comprehensive acute and primary care. Also provides substance abuse treatment, counseling, and mental health services. Patient is not charged, but Medicaid is charged if person is covered.

HealthReach Network

Augusta

263 Water Street, Suite 400
Augusta, ME 04330
Contact: Kristine Longstaff
207-621-6202

Waterville

P.O. Box 829
Waterville, ME 04903
207-873-1127

Hope Haven Gospel Mission, Inc.

209 Lincoln Street
Lewiston, ME 04240
Contact: Pastor Paul McLaughlin
207-783-6086
Spanish speaking staff available.

Hours: 4:45 p.m. to 10:00 p.m.
Office: 9:30 a.m. to 11:45 p.m.
1:00 p.m. to 4:00 p.m.

Serving Androscoggin County. Hope Haven Gospel Mission provides an emergency shelter, family shelter, a structured substance abuse counseling, soup kitchen and pastoral counseling.

Immigrant Legal Advocacy Project (ILAP)

One India Street
1st Floor
Portland, Maine 04101
Website: www.immigrantlegaladvocacy.org

E-mail: info@immigrantlegaladvocacy.org
Contact: Beth Stickney, Esq.
207-780-1593
Spanish speaking staff available

Hours: 1 day a week, walk-in. Call or check website for dates.

The Immigrant Legal Advocacy Project (ILAP) is part of Maine Equal Justice Partners, Inc., a nonprofit agency. ILAP's lawyers specialize in immigration law, and assist low-income immigrants and their U.S. citizen family members with petitions to help family members become permanent residents, applications for residency for certain persons from El Salvador, Guatemala, Nicaragua, and Cuba, applications for U.S. citizenship, deportation defense, and other issues. ILAP charges no or low fees for its services. ILAP also conducts informational workshops for immigrant community groups, and immigration law training for other service providers who work with non-citizens. ILAP produces written informational materials about certain immigration benefits and has a website where basic immigration law information can be found.

Immigration & Naturalization Service

176 Gannet Drive
South Portland, ME 04106
800-375-5283
207-780-3624

Indian Township Health Clinic

1 Newell Drive
P.O. Box 97
Princeton, ME 04668
207-796-2322

Islesboro Health Center

P.O. Box 137
Islesboro, ME 04848
207-734-2213

Jamaica, Embassy of

1520 New Hampshire Avenue, NW
Washington, DC 20036
E-mail: emjam@sysnet.net
202-452-0660

Katahdin Valley Health Center

P.O. Box 500
Patten, ME 04765
207-528-2285

Kennebec Valley Community Action Program

Skowhegan
RR1 Box 4747
Skowhegan, ME 04976
Contact: Judy Alton
207-474-8487
Toll Free: 800-542-8227

Waterville
97 Water Street
Waterville, ME 04901
207-873-2122

Knox County Child Development Services

111 Tilson Avenue
Rockland, ME 04841
Contact: Ellen Courtney, Director
207-594-5933

Hours: Monday – Friday 8:00 a.m. to 4:00 p.m.

Serving Knox County, Waldoboro, Lincolnville and offshore islands for ages birth to 5 years who are determined to be developmentally delayed or disabled by an Early Childhood Team following appropriate evaluations. Provides developmental, vision and hearing screening, referral services, evaluations and early intervention services, such as speech therapy, occupational therapy and developmental therapy/special instruction. Screening, evaluations, and most services are provided at no cost. Call to schedule screening appointments.

Latin Community Council

13 Carroll Street
Portland, ME 04102
Contact: Gladys García
207-761-7975 or 207-772-5474

League of United Latin American Citizens Council 3100 (LULAC)

169 Ocean Street, Suite 209
South Portland, ME 04106-3642
Contact: John Connors
207-767-3642
E-mail: johnconnorshotmail.com

Lighthouse Adolescent Shelter

Salvation Army
65 Elm Street
Portland, ME 04101
Contact: Barbara Plimpton
207-774-3073

Family Services
297 Cumberland Avenue
Portland, ME 04101
207-774-6304

Loaves & Fishes Food Pantry

16 High Street
Ellsworth, ME 04605
207-667-4363

Pick-ups are Monday, Wednesday, and Friday. 9:00 a.m. to 10:00 a.m., by appointment.

Lovejoy Health Center

RR#1 Box 1391
Albion, ME 04910
207-437-9388

M&M Ministry Soup Kitchen

21 Parson Street
Presque Isle, ME 04769
Contact: Sue Forbes
207-764-0758

Madison Area Health Center

South Main Street
P.O. Box 200
Madison, ME 04950
Contact: Barbara Belliveau
207-696-3992

Hours: Monday & Thursday 8:30 a.m. to 8:00 p.m. Tuesday, Wednesday & Friday 8:30 a.m. to 4:30 p.m. Twenty-four hour on-call availability for regular patients. Provides comprehensive health care for the whole family, immunizations, minor office surgery, high school sport physicals, podiatrist/foot care, flu shot clinics, dietitian services, substance abuse and mental health counseling, teen parenting education, car seat loaner program, pharmacy for our patients, and diabetes education (ADEF). Fees billable to all types of insurance and sliding fee schedule for low income families.

Maine AFL-CIO

65 State Street
Augusta, ME 04330
E-mail: mainelabor@aol.com
Contact: Ned McCann
207-622-3151 or 207-947-0006

Hours: Monday - Friday 8:00 a.m. to 5:00 p.m.

The Maine AFL-CIO is the statewide federation of unions, which provides advocacy, support, education, training and action on behalf of unions, their members, and all workers in the state, union or nonunion.

Maine Ambulatory Care Coalition

P.O. Box 390
Manchester, ME 04351
E-mail: bdpmac@mint.net
Contact: Bonnie Post, Executive Director
207-621-0677

Chairs and staffs the Maine Migrant and Seasonal Farmworkers Health Services Council. Can provide general information about migrant and seasonal farmworkers in the state, services available to them and links to agencies on the Council. Can also provide information about Maine's community health centers which provide primary health care services regardless of people's ability to pay.

Maine Coast Memorial Hospital

50 Union Street
Ellsworth, ME 04605
207-664-5311

Maine Medical Center

Brighton Campus
335 Brighton Avenue
Portland, ME 04102
207-879-1111

Outpatient Central Registry
22 Bramhall Street
Portland, ME 04102-9954
207-871-2433

The Maine Human Rights Commission

51 State House Station
Augusta, ME 04333-0051
207-624-6050

The Maine Human Rights Commission specializes in issues regarding discrimination of race, color, creed, sex, or national origin, as well as sexual harassment.

Maine Migrant Education Program

23 State House Station
Augusta, ME 04333
E-mail: pam.gatcomb@state.me.us
Contact: Pam Gatcomb
207-624-6705
Fax: 207-624-6706
Toll Free: 800-452-1909
TTY 207-624-6800

The purpose of this program is to meet the unique needs of migrant students and their families. Teachers work with individual students or in small groups to improve academic skills and to help students develop a positive attitude about themselves, and also work closely with parents in educating migrant children. Migrant teachers provide unique tutorial services to all migrant students in grades K-12. The migrant teacher is

an advocate for migratory families seeking supportive services such as dental and other health-related services.

Maine Migrant Family Resource Center

SAD #14
RR 1, Box 50
Danforth, ME 04424
Contact: Pat Davis
207-448-2383
Fax: 207-448-7235
Website: <http://www.mmfrc.org>
E-mail: mmfrc@mmfrc.org

Provides materials, resources and technical assistance to teachers and parents, math resources for students, training videos for parents.

Maine Migrant Health Program

9 Green Street
P.O. Box 405
Augusta, ME 04330
Contact: Barbara Ginley, MPH
207-622-9252
Spanish speaking staff and telephone interpreter service available.

Hours: 8:00 a.m. to 5:00 p.m.

RHCM administers a statewide migrant health program in Washington, Aroostook & Androscoggin counties. Services for migrant workers and their families are provided on site with a Mobile Medical Unit (Aroostook & Washington Counties) and by referral arrangements with local providers in all harvest locations. Providing primary health care service, no inpatient hospital, pharmacy (limited) and some dental. Fee of \$3.00 requested based on sliding fee eligibility.

Maine Migrant Workers Advocate Group, Inc.

179 Lincoln Street
South Portland, ME 04106
Contact: Benjamín Giuliani
207-767-9733

Maine Rural Workers Coalition

P.O. Box 252
Auburn, ME 04212
E-mail: mrwc@gwi.net
Contact: José Soto
207-753-1922

Created in 1996 by employees of DeCoster Egg Farm in Turner, ME, MRWC promotes programs and activities that help rural workers develop leadership skills, serve workers and their families, protect their health and safety, and build communities that respect and celebrate their multicultural nature.

Maine Service Advocates in Foreign Languages and English, Inc. (ME S.A.F.E.)

429 Martin Stream Road
Fairfield, ME 04937
E-mail: padoel@colby.edu
Contact: Priscilla Doel
207-634-3326
Spanish speaking staff available.

Maine Service Advocates in Foreign Languages and English (ME S.A.F.E.) provides professional services in Foreign Languages and English. Services to clients include, but are not limited to, the following areas: translations, interpretations; transcriptions, referrals to local, state and federal agencies; educational and mediation services. It is the purpose of ME S.A.F.E. to facilitate clear

and professional communication to people requiring help in understanding one another. Serving the State of Maine at no charge.

Maine Volunteer Lawyers Project

P.O. Box 547
Portland, ME 04112
207-774-4348
Toll Free: 800-442-4293

Maine WIC Nutrition Program

11 State House Station
331 Water Street
Augusta, ME 04333
207-287-3991
Toll Free: 800-437-9300
Fax: 207-287-3993
TTY: 207-287-8015

MaineGeneral Medical Center

Augusta
6 East Chestnut Street
Augusta, ME 04330
207-626-1000
TTY: 207-626-1005
Emergency: 207-626-1206

Waterville
30 Chase Ave. & 149 North Street
Waterville, ME 04901
207-872-1300

Mandala Farm

P.O. Box 44
East Orland, ME 04431
Contact: Ellen Moore
207-469-3018

Manna Inc. Kitchen

180 Center Street
Bangor, ME 04401
207-990-2870

Medical Eye Care Program

11 State House Station
Augusta, ME 04333
Contact: Diane Koroski
207-287-6875

Covers cost of treatment and eyeglasses for individuals who fall below a certain percentage of the poverty level and who have been diagnosed as going blind. Also pays for one eye exam per year for diabetics who have been insulin-dependent for five years.

Mexico, Consulate of

20 Park Plaza, Suite 506
Boston, MA 02116
Contact: Carlos Rico, Consul
617-348-2113

Mid-Coast Hospitality House

169 Old County Road
Rockport, ME 04856
Contact: Susan Silverio
House: 207-594-1422

Hours: 5:00 p.m. to 9:00 a.m.

Serving Knox, Lincoln and Waldo Counties. Hospitality House is an outreach of the Christian community of Mid-Coast Maine offering temporary and emergency housing to individuals and families in need; assisting them in making the transition to permanent housing. Dinner is served family style at 6:00 p.m. Laundry facilities and phones are available.

Mid-Coast Hunger Prevention Program, Inc.

St. Paul's Episcopal Church
27 Pleasant Street - P.O. Box 632
Brunswick, ME 04011
207-725-1151

Mid-Maine Homeless Shelter

28 Ticonic Street
Waterville, ME 04901
Contact: Sue Goss
207-872-6550 or 207-872-8082

Hours: 6:00 p.m. to 8:00 a.m.

Serves the Central Maine area providing emergency food and shelter to homeless/displaced persons over 18 years of age. Free of charge.

Motor Vehicles Division Offices & Mobile Units

Augusta
285 State Street
Augusta, ME 04330
207-287-3330

Bangor
1129 Union Street
Bangor, ME 04001
207-942-1319

Calais
204 North Street
Calais, ME 04619
207-454-2175

Caribou
159 Bennett Drive, Suite 1
Caribou, ME 04736
207-492-9141

Ellsworth

24 Church Street
Ellsworth, ME 04605
207-667-9363

Kennebunk

63 Portland Road, Suite 4
Kennebunk, ME 04043
207-985-4890

Lewiston

36 Mollison Way
Lewiston, ME 04240
207-753-7750

Mexico

Mexico Shopping Plaza
9 Riverside Avenue
Mexico, ME 04257
207-369-9921

Portland

312 Canco Road
Portland, ME 04102
207-822-6400

Rockland

212 New County Road/Rt. 1
Thomaston, ME 04861
207-596-2255

South Portland

704 Maine Mall Road
South Portland, ME 04106
207-822-0730

Springvale

456 Main Street
Springvale, ME 04083
207-490-1261

Topsham

49 Topsham Fair Mall Road
Topsham, ME 04086
207-725-6520

License renewals, motor vehicle registrations and State ID's only may be obtained at the following locations:

Ashland Motor Vehicles Mobile Unit

Town Office
Ashland, ME 04732
*11:00 a.m. to 2:00 p.m.
Monday preceding 3rd Tuesday*

Belfast Motor Vehicles Mobile Unit

Waldo County Jail
45A Congress Street
Belfast, ME 04915
*9:30 a.m. to 1:00 p.m. and
2:00 p.m. to 3:00 p.m.
4th Monday*

Bingham Motor Vehicles Mobile Unit

Municipal Bldg.
Murray Street
Bingham, ME 04920
*10:30 a.m. to 1:00 p.m. and
2:00 p.m. to 3:00 p.m.
2nd Thursday*

Bridgton Motor Vehicles Mobile Unit

1 Chase Common
Bridgton, ME 04009
*10:30 a.m. to 1:00 p.m. and
2:00 p.m. to 3:00 p.m.
1st & last Thursdays*

Danforth Motor Vehicles Mobile Unit

Town Office
Central Street
Danforth, ME 04424
*11:30 a.m. to 2:30 p.m.
3rd Friday*

Dover-Foxcroft Motor Vehicles Mobile Unit

County Courthouse
51 East Main Street
Dover-Foxcroft, ME 04426
*9:30 a.m. to 1:00 p.m. and
2:00 p.m. to 3:00 p.m.
1st & last Wednesdays*

Eliot Motor Vehicles Mobile Unit

United Methodist Church
Rt. 236, 60 Dow Highway
Eliot, ME 03903

9:00 a.m. to 1:00 p.m. and

2:00 p.m. to 3:00 p.m.

Thursday following 3rd Tuesday

Farmington Motor Vehicles Mobile Unit

Elks Lodge
120 School Street
West Farmington, ME 04938

9:30 a.m. to 1:00 p.m. and

2:00 p.m. to 4:00 p.m.

1st & last Wednesdays

Fort Kent Motor Vehicles Mobile Unit

Municipal Bldg.
West Main Street
Fort Kent, ME 04743

9:30 a.m. to 1:00 p.m. and

2:00 p.m. to 3:00 p.m.

Wednesday following 3rd Tuesday

Houlton Motor Vehicles Mobile Unit

Fire Department
Military Street
Houlton, ME 04730

8:30 a.m. to 1:00 p.m. and

2:00 p.m. to 3:00 p.m.

Thursday following 3rd Tuesday

Jackman Motor Vehicles Mobile Unit

Town Office
Main Street
Jackman, ME 04945

11:30 a.m. to 2:00 p.m.

Last Tuesday of month

Kittery Motor Vehicles Mobile Unit

Lions Club
Route 1 South
Kittery, ME 03904

9:00 a.m. to 1:00 p.m. and

2:00 p.m. to 4:00 p.m.

3rd Tuesday

Limerick Motor Vehicles Mobile Unit

Town Hall
Limerick, ME 04048

10:30 a.m. to 1:30 p.m.

Monday preceding 3rd Tuesday

Lincoln Motor Vehicles Mobile Unit

District Court Building
66 Main Street
Lincoln, ME 04457

9:30 a.m. to 1:00 p.m. and

2:00 p.m. to 3:30 p.m.

1st & last Thursdays

Machias Motor Vehicles Mobile Unit

Town Office
Machias, ME 04654

11:00 a.m. to 1:00 p.m. and

2:00 p.m. to 3:00 p.m.

1st & 2nd Tuesdays

Madawaska Motor Vehicles Mobile Unit

Safety Complex Bldg.
Main Street
Madawaska, ME 04756

8:30 a.m. to 1:00 p.m. and

2:00 p.m. to 4:00 p.m.

3rd Tuesday

Milbridge Motor Vehicles Mobile Unit

Town Office
School Street
Milbridge, ME 04658

10:30 a.m. to 1:00 p.m. and

2:00 p.m. to 3:00 p.m.

1st Monday

Millinocket Motor Vehicles Mobile Unit

American Legion Hall
Outer Central Street
Millinocket, ME 04462

10:00 a.m. to 1:00 p.m. and

2:00 p.m. to 3:30 p.m.

1st Friday

Pittsfield Motor Vehicles Mobile Unit

Municipal Building

Pittsfield, ME 04967

9:30 a.m. to 1:00 p.m. and

2:00 p.m. to 3:30 p.m.

2nd & 4th Fridays

Sherman Station Motor Vehicles Mobile Unit

Town Office

Rt. 11

Sherman Station, ME 04777

10:30 a.m. to 1:00 p.m. and

2:00 p.m. to 3:00 p.m.

2nd Wednesday

Skowhegan Motor Vehicles Mobile Unit

Municipal Building

90 Water Street

Skowhegan, ME 04976

9:30 a.m. to 1:00 p.m. and

2:00 p.m. to 3:00 p.m.

2nd Monday, 1st Tuesday and 2nd Wednesday

South Berwick Motor Vehicles Mobile Unit

First Paris Federated Church

Corner of Main & Academy Street

South Berwick, ME 03908

10:30 a.m. to 1:00 p.m. and

2:00 p.m. to 3:00 p.m.

1st and 3rd Fridays

South Paris Motor Vehicles Mobile Unit

VFW Hall, East Main Street

South Paris, ME 04281

10:00 a.m. to 1:00 p.m. and

2:00 p.m. to 3:00 p.m.

Last Monday

Waterville Motor Vehicles Mobile Unit

Sterns Building, 93 Main Street

Waterville, ME 04901

9:00 a.m. to 1:00 p.m. and

2:00 p.m. to 3:00 p.m.

Fridays

Wiscasset Motor Vehicles Mobile Unit

Municipal Building

Rt. 1

Wiscasset, ME 04578

9:00 a.m. to 1:00 p.m. and

2:00 p.m. to 3:30 p.m.

2nd Thursday

York Motor Vehicles Mobile Unit

Grant House

Goodrich Park

York, ME 03909

9:00 a.m. to 1:00 p.m. and

2:00 p.m. to 4:00 p.m.

Wednesday following 3rd Tuesday

MSFW HIV Prevention Outreach Project

Pine Tree Chapter of the American Red Cross

33 Mildred Avenue

Bangor, ME 04401

Contact: Patrick Walsh

207-941-2903

E-mail: walshp@midmaine.com

Mt. Abram**Regional Health Center**

25 Depot Street

Kingfield, ME 04947

Contact: Carolyn Tranten

207-265-4555

Hours: Monday – Friday 8:00 a.m. to

12:00 noon, 1:00 p.m. to 4:30 p.m.;

Wednesday evenings 5:30 to 8:00 p.m.

The Mt. Abram Regional Health Center provides high quality health care services, including routine checkups, minor office surgery, state immunizations, preschool and high school sports physicals, teen parenting education, on-call availability 24 hours a day, care of short term and chronic illnesses,

walk-in blood pressure check, flu shot clinics, women's and men's wellness days, substance abuse counseling, on-site pharmacy, sliding fee discounts, car seat loaner program, mental health counseling, nutrition education and counseling, and home visits for our established home bound patients.

Multi-Purpose Center

Health Department
145 Birch Street
Lewiston, ME 04240
Contact: Anne Coffin
207-784-2926

My Choice

306 Congress Street
Portland, ME 04101
E-mail: mapsdomestic@maine.com
Contact: Bonnie Porter
207-772-7555 or 207-775-2925

Hours: Office 8:00 a.m. to 5:00 p.m.
Residence 24 hours a day

My Choice is a service in Southern Maine for pregnant and/or parenting, homeless mothers. My Choice provides housing, parenting, prenatal and relationship classes; individual life skills counseling; nutrition education; donated clothing for mothers and babies; donated household goods; mentoring; transition to community, and outreach when in own place to access community resources. Fee based on ability to pay.

National Association of Anorexia Nervosa and Associated Disorders

Box 7
Highland Park, IL 60035
E-mail: www.ANAD20@aol.com
Educational E-mail: www.ANAD.org

Hotline: 847-831-3438

Open 9:00 a.m. to 5:00 p.m. (Central time)

National Center for Farmworker Help

1770 FM 967
Buda, TX 78610
512-312-2700
Toll Free: 800-531-5120

National Crisis Helpline

888-568-1112 (77FORHELP)

Support, referrals for crisis intervention.

National Domestic Violence Hotline

Toll Free Hotline: 800-799-7233
TTY: 800-787-3224

"Options-Support-Connections"
Free-Anonymous-Confidential. Twenty-four hours a day. Spanish speaking operators.

The National Limited English Proficiency Advocacy Task Force

85 Lester Drive
Portland, ME 04103
Contact: Kathy Poulos-Minott
207-878-5196
E-mail: crossingcultures@prodigy.net

Because of language and cultural differences, limited English proficient (LEP) individuals are often delayed or denied the equal access to and participation in services, policies, procedures, and opportunities. Numerous laws, such as Title VI and Title VII of the 1964 Civil Rights Act, prohibit discrimi-

nation on the basis of national origin, but there is widespread ignorance of and non-compliance with these laws.

The National LEP Advocacy Task Force is a group of advocates and attorneys spanning employment, education, housing, health and human services and the judicial system. Our mission is to encourage recipients of federal funds, public accommodations providing essential services, and employers to comply with the legal obligations to bridge language and cultural differences by:

- a. Linking advocacy groups together.
- b. Providing community legal education and information.
- c. Developing and submitting comments upon request from a government agency or representative thereof.
- d. Responding to requests for administrative advocacy for the purpose of assisting in the monitoring and enforcement of existing laws and regulations, including, but not limited to, Title VI, Title VII, and other applicable mandates.
- e. Assisting in the provision of equal access to and participation in services for LEP clients.
- f. Assisting in effectively implementing the requirements of civil rights laws.

New Beginnings

491 Main Street
Lewiston, ME 04240
Contact: Marian Carney
207-795-4070

New Hope for Women

P.O. Box A
Rockland, ME 04841
Contact: Kathleen Morgan

207-594-2128
Toll Free: 800-522-3304

The Next Step Domestic Violence Project of Hancock County

P.O. Box 1465
Ellsworth, ME 04605
E-mail: nextstep@acadia.net
Contact: Lencie Fogelman
207-667-4604 (hotline)
Toll Free 24-hour hotline: 800-315-5579
Admin.: 207-667-0176

Hours: Monday – Friday 8:00 a.m. to 5:00 p.m.

Provide toll-free confidential 24-hour hotline for people whose lives are impacted by domestic abuse. Provides court advocacy, support groups, walk-in services, information and referrals, community education, and school presentations in Hancock County. There is no fee for services.

Occupational Safety & Health Administration (O.S.H.A.)

Bangor
202 Harlow Street
Bangor, ME 04401
207-941-8177

Portland
100 Middle Street, Suite 410 West
Portland, ME 04101
207-780-3178

Oxford Street Shelter

197-203 Oxford Street
Portland, ME 04101
Contact: Peter Murdock
207-761-2072

Spanish speaking and telephone interpreter service available.

Hours: Monday – Thursday 6:00 p.m. to 11:00 p.m., Friday 12:30 p.m. to 11:00 p.m.
Saturday & Sunday 8:00 a.m. to 11:00 p.m.

Emergency shelter for homeless men and women who are not under the influence of drugs or alcohol. Clients are provided with a cot, pillow, pillowcase, towel, and blankets. Various toiletries provided. Shower and laundry facilities and a limited number of lockers are available. Dayroom has a refrigerator, microwave, television, and various games for client use. Two counselors and an outreach worker assist clients in accessing community resources and obtaining housing and employment. A clinician is available to provide services including assessments, psychotherapy, and psychiatric referrals.

Penobscot Indian Health Department

5 River Road
Old Town, ME 04468
207-827-6101

Penquis Community Action Program, Inc./Law Project

262 Harlow Street
P.O. Box 1162
Bangor, ME 04401-1162
Contact: Tamar Perfit
207-973-3671

Hours: 8:00 a.m. to 4:30 p.m.

Provides health and social services including child care, Head Start, weather-ization, fuel assistance, transportation, home repair loans, home buyer education, family law/legal help for victims of domestic abuse and parenting education. Child and family mediation.

People's Regional Opportunity Program

510 Cumberland Avenue
Portland, ME 04101
Contact: Sue Bonier
207-874-1140, Ext. 345

Hours: Monday – Friday 8:00 a.m. to 5:00 p.m.
Serving Cumberland County except for the Brunswick/Freeport area. People's Regional Opportunity Program is a full service agency offering resources, information and supportive services to individuals and families struggling with low income.

Pine Tree Legal Assistance

Augusta
39 Green Street
P.O. Box 2429
Augusta, ME 04332
207-622-4731

Bangor Farmworker Unit
61 Maine Street, Rm. 41
Bangor, ME 04401
Contacts: Eric Nelson or Mike Guare
207-942-0673
Toll Free: 800-879-7463

Machias
12 Cooper Street
Machias, ME 04654
Contact: Lucy Preston
207-255-8656

Portland
88 Federal Street
P.O. Box 547
Portland, ME 04112
E-mail: www.ptla.org
Contact: Frank D'Alessandro
207-774-8211

Presque Isle

373 Main Street
Presque Isle, ME 04769
E-mail: pi@PTLA.org
Contact: Bonnie Steeves
207-764-4349

Pine Tree Society Deaf Services

Nonsuch Rider Plaza
51 US Rt 1, Suite G
Scarborough, ME 04074
E-mail: ptsp@gwi.net
207-885-0536 (TTY & Voice)

Hours: 8:30 a.m. – 5:00 p.m.

Established in 1976, the Deaf Services program is a non-profit, statewide interpreter referral service sponsored by Pine Tree Society, Easter Seals Maine. Services provided are sign language interpreter referrals, Em-com Emergency Interpreting Services during non-business hours for medical, legal and mental health crisis, relay interpreting, consultation and training to agencies: accessibility issues for deaf and hard-of-hearing persons with effective use of sign language interpreters.

Pleasant Point Health Center

P.O. Box 351
Perry, ME 04667
207-853-0644

Portland Community Free Clinic

103 India Street
Portland, ME 04101
Contact: Marie Purser
207-874-8982

Hours: Monday – Thursday evenings,
6:00 p.m. to 8:30 p.m.

Staffed primarily by volunteers, the Portland Street Clinic provides free, comprehensive health care to low income, uninsured adults in the Greater Portland Area.

Portland Family Shelter

54 Chestnut Street
Portland, ME 04101
Contact: Regina Phillips
207-772-8339

Portland Outreach

Police Headquarters
109 Middle Street
Portland, ME 04101
207-874-8512

Portland Pantry

Community Resource Center
252 Oxford Street
Portland, ME 04101
207-874-6560

Hours: Thursday 12:30 p.m. to 2:30 p.m.

Preble Street Resource Center

5 Portland Street
Portland, ME 04101
Contacts: Maria Tripp
Day Shelter: 207-874-6560
Administration: 207-775-0026
Spanish speaking staff available.

Hours: Monday – Thursday 8:00 a.m. to
3:00 p.m.; Friday 8:00 a.m. to 12:30 p.m.

November 1 – March 31 Hours:
Monday – Thursday 8:00 a.m. to 6:00 p.m.;
Friday 8:00 a.m. to 12:30 p.m.
Saturday & Sunday 1:00 p.m. to 6:00 p.m.

Serving the Portland area assisting with locating and referral of housing. Assistance in

locating low income housing, providing mediation between tenant and landlord. Also provide a wide variety of solution centered social work services, including case management, advocacy, crisis intervention, supportive counseling, problem solving and activity groups. Food pantry and clothes bank available free of charge to those in need.

Project Feed

Woodford's Congregational Church
202 Woodford Street
Portland, ME 04103
Contact: Barbara Craig
207-839-2155

Rangeley Region Health Center

P.O. Box 569
Rangeley, ME 04970
207-864-3303

Rape Crisis Assistance and Prevention

179 Main Street, Suite 301
Waterville, ME 04901
207-872-0601
Toll Free: 800-525-4441 (Hot Line)

Rape Education and Crisis Hotline - Norway

207-743-9777
Toll Free: 800-871-7741

Rape Response Services Bangor

207-941-2980
Toll Free: 800-310-0000

Redington-Fairview General Hospital

Fairview Avenue
Skowhegan, ME 04976
207-474-5121

Regional Medical Center at Lubec

RR#2, Box 380
Lubec, ME 04652
207-733-5541

Richmond Area Health Center

24 Gardiner Street
Richmond, ME 04357
207-737-4359

Hours: (By Appointment) Monday – Friday
8:00 a.m. to 5:00 p.m.
Tuesday open to 8:00 p.m.

We offer a full range of family medical services, including obstetrics, gynecology, mental health and substance counseling, dental services, podiatry, WIC, and child education. We can also assist in applying for Medicaid and offer a reduced fee program based on income for those who qualify.

Rural Community Action Ministry

123 Church Hill Road
Leeds, ME 04263
E-mail: rcam98@ctel.net
Contact: Sue Patenaude
207-524-5095

Bilingual Contact: Fatma Perry
From Turner area: 207-224-7505
If don't speak English, 207-224-8125

Hours: 8:00 a.m. to 4:00 p.m.

Sacopec Valley Health Center

70 Main Street
Porter, ME
Mailing Address:
P.O. Box 777
Parsonsfield, ME 04047
E-mail: svhc@south.net
207-625-8126

Hours: Monday & Friday 8:00 a.m. to 5:00 p.m., Tuesday & Wednesday 8:00 a.m. to 8:00 p.m., Thursday 9:00 a.m. to 5:00 p.m.

Serving Southern Maine providing a broad range of healthcare services, including primary medical care, optometry, podiatry, mental health and substance abuse counseling, and social service coordination. Fees vary depending on service. Call to request a fee discount program application.

Sexual Crisis and Assault Hotline

Toll Free: 800-871-7741

Will connect callers to a sexual assault support services phone number in your area.

Shaw House

136 Union Street
Bangor, ME 04401
Contact: Douglas Bouchard
207-941-2874

Sheepscot Valley Health Center

Main Street
P.O. Box 207
Coopers Mills, ME 04341
Contact: Connie Coggins
207-549-7581

Sister Mary O'Donnell Shelter

745 Central Drive
Presque Isle, ME 04769
E-mail: adon/sheltr@ainop.com
207-764-4125

Hours: 24 hours a day
Walk-ins 7:00 a.m. – 10:00 p.m.
After 10:00 p.m. must be referred by
Presque Isle Police Department.

A free, low barrier, emergency shelter for the homeless meeting low income guidelines in Aroostook County. Must be willing to do job searches (if applicable) and not have been convicted of a violent crime in the past three years (flexible depending on circumstances.) Provides a safe place to stay, meals, referral and counseling services.

Office of Olympia Snowe

3 Canal Plaza, Suite 601
P.O. Box 188 DTS
Portland, ME 04112
207-874-0883

Washington, DC

154 Russell Senate Office Building
Washington, DC 20510-1902
202-224-5344

Southern Kennebec Child Development Corp.

99 Western Avenue
Augusta, ME 04330
207-626-3410

Spruce Run Association

P.O. Box 653
Bangor, ME 04401
207-947-0496 (Hotline)
Toll Free: 800-863-9909 (Hotline)

Spruce Run Association offers counseling and shelter for victims of domestic violence.

St. Andre's Home

283 Elm Street
Biddeford, ME 04005
E-mail: SaintAndre@aol.com
Contact: Jane Vashon
207-282-3351

Hours: Administration: Monday – Friday
8:30 a.m. to 4:30 p.m.
Group Homes: 24 hours Residential

Provides shelter and an outreach program for parenting or pregnant single mothers. Also provides assistance for emotionally or behaviorally disturbed adolescent females. Sliding fee available. Serving the State of Maine. Call for location of homes and for assistance with adoption.

St. Croix Regional Family Health Center

136 Mill Street
P.O. Box 437
Princeton, ME 04668
Contact: Denise Harriman
207-796-5503

Hours: Monday – Friday 8:00 a.m. to 4:30 p.m.; Thursday 12:00 noon to 7:30 p.m.

Provides medical services, primary health care, physical examinations, well child examinations, treatment of minor injuries, health screenings, on-site mental health services, basic laboratory services, limited pharmacy and physical therapy on-site. Sliding fee scale for eligible patients.

St. Francis Inn

Route 1 – 988 Acadia Highway
P.O. Box 223
East Orland, ME 04431
Contact: Lucille McDonald
207-469-6771

St. Martin dePorres Residence

23 Bartlett Street
Lewiston, ME 04240
Contact: Irene Richard
207-786-4690

Homeless shelter for adults. Call for hours.

State Street Church

159 State Street
Portland, ME 04101
207-774-6396

Clothes closet.
Hours: Wednesday 9:00 a.m. to 11:00 noon

Strathglass Family Shelter

32 Erchles Street
Rumford, ME 04276
207-364-3824

Family shelter open 24 hours a day, 7 days a week.

Strong Area Health Center

171 North Main Street
P.O. Box 189
Strong, ME 04983
207-684-4010

Suicide and Crisis Intervention for Aroostook County

207-762-4851
Toll Free: 800-432-7805

Sweetser

50 Moody Street
Saco, ME 04072
207-874-1055 (Voice & TTY)
Toll Free: 1-800-434-3000 (Voice & TTY)

Care includes family-focused, person-centered, community-integrated services. Sweetser provides a continuum of comprehensive behavioral and mental health services to children, adults and families through the State of Maine.

Tedford Shelter

P.O. Box 958
49 Cumberland Street
Brunswick, ME 04011
E-mail: tedford@clinic.net
Contacts: Hank Kent and Dave Corbett
207-725-4871

Hours: Monday – Friday 3:30 p.m. to
11:00 a.m.; Saturday and Sunday – 24 hrs.

Serving Lincoln County, Sagadahoc County, Brunswick, Harpswell, Freeport, Durham, Pownal, and Lisbon Falls. Emergency shelter for adults and children accompanied by an adult. Individuals must be drug and alcohol free and not fleeing domestic violence. Walk-ins welcome, but families need to call ahead. Tedford Shelter provides an emergency shelter, two meals a day, showers, laundry, toiletries, clothing, diapers and other essentials to individuals and families who are homeless. Free of charge for 5 days, then a fee will be discussed.

Training & Development Corporation

248 State Street, Suite 3A
Ellsworth, ME 04605

Contacts:
Jack Frost
207-664-2300
E-mail: jfrost@tdc-usa.org

Gregory Reed
1-888-216-2034 Ext. 7429 or 207-328-4212
Ext. 7429
E-mail: greed@tdc-usa.org
Spanish speaking staff available.

Dana Pratt
800-371-7543 or 207-632-0342

Hours: Monday – Friday 8:00 a.m. to 5:00 p.m.

Training & Development Corporation (TDC) is a national, not-for-profit, educational management, training and consulting organization headquartered in Bucksport, Maine. TDC for over 20 years has administered the Maine JTPA Section 402 Program. The 402 Program is designed to help MSFWs and their families achieve economic self-sufficiency through nonagricultural or stabilized agricultural employment. The services authorized under this program include job training, basic and vocational education, social services referral and extensive outreach recruitment. The program also provides emergency supportive services to MSFWs and their families. These may include transportation, food assistance, housing and personal counseling. MSFWs who have done agricultural farmwork (not fishing or forestry) in the past 24 months, and their farmwork represents at least 50% of their income who also meet the low income guidelines or receive food stamps or welfare can call for an application.

Tree of Life

South Street, P.O. Box 1329
Blue Hill, ME 04614
Contact: Alice Ann Maddix
207-374-2900
Emergency:
207-374-2891 or 207-374-2892

Hours:
Thrift Shop: Tuesday & Thursday 10:00
a.m. to 3:00 p.m.
Saturday 10:00 a.m. to 1:00 p.m.
Food Pantry: Place orders Wednesday 8:00
a.m. to 4:00 p.m.
Food pick up on Thursday 1:00 p.m. to 3:00
p.m.

The Tree of Life operates a thrift store and food pantry. Money from the thrift store buys food for the pantry. Serving Blue Hill, Sedgwick, Brooklin, Brooksville, and Penobscot. Individuals are required to give first name, last initial, number of members in family, and which town they live in. No one is turned away.

US Border Patrol Stations

Calais

P.O. Box 245
Calais, ME 04619
Contact: Dick Gayton
207-454-3613

Fort Fairfield

P.O. Box 286
Fort Fairfield, ME 04742
Contact: Brian Lundquist
207-472-5041

Houlton

US Border Patrol Sector Headquarters
P.O. Box 706
Houlton, ME 04730
Contact: Roland E. Richardson
207-532-6521

Rangeley

P.O. Box 194
Rangeley, ME 04970
Contact: John Mazo
207-864-5356

Van Buren

P.O. Box 28
Van Buren, ME 04785
Contact: Gary Viens
207-868-3900

US Department of Labor

Wage & Hour Division

66 Pearl Street, Rm. 234
Portland, ME 04101
George Rioux, District Director
603-666-7716
Chris Mills, Farm Labor Specialist
Kendra Newton, Investigator
207-780-3344
Spanish speaking staff available.

Division of Seasonal and Farm Worker Programs

Employment and Training Administration
200 Constitution Avenue, N.W.
Room N-4641
Washington, D.C. 20210
Contact: Alicia Fernandez-Mott, Div. Chief
202-693-3843
Fax: 202-693-3818

Washington-Hancock Community Agency

Corner of Main & Maple Streets
P.O. Box 280
Milbridge, ME 04658
E-mail: whca@nemaine.com
Contact: Pat Smith
207-546-7544

Hours: Monday – Friday 7:30 a.m. to 4:00 p.m.

Provides and directs opportunities to help people help themselves become safe, self-sufficient, and independent. Programs offered are: energy conservation & housing opportunities, heating, utilities, & rental assistance, family & community services, child care in Machias, Calais, at the Cutler Navy Base, transportation services, job opportunities & business success, and Peaceful Choices – family violence intervention & prevention programs.

Wayside Evening Soup Kitchen

Community Resource Center
252 Oxford Street
Portland, ME 04101
Contact: Tom Vacca
207-775-4939

Weald Bethel

Route 1
Weald Bethel Lane
P.O. Box 428
Cherryfield, ME 04622
Food pantry: 207-546-7424
Thrift store: 207-546-7192

Runs the Recycle Shop (thrift store) and a food pantry.

Western Maine Community Action, Inc.

Agency administers a variety of programs such as WIC, low interest home improvement/replacement loans; CCAP Housing Investment Funds, a weatherization program for low income households, temporary assistance with heating, utilities and rental, and temporary assistance to homeless persons or

families at risk of homelessness due to eviction.

Auburn

P.O. Box 70
1 Auburn Center
Auburn, ME 04212
207-795-4016

East Wilton

20A Church Street
P.O. Box 200
East Wilton, ME 04234
Contact: Gil Ward
207-645-3764
207-645-3764, Ext. 5533 for WIC
Toll Free: 800-645-9636

Norway

Norway office is serviced by Auburn now
Toll Free: 800-645-9636, Ext. 7700 for WIC

Rumford

35 Congress Street
Rumford, ME 04276
Contact: Donna Bucher
207-364-3738

Western Maine Family Health Center

80 Main Street
Livermore Falls, ME 04254
Contact: Diane Lavoie
207-897-4345
Fax: 207-897-2321
Hours: Monday – Friday 8:00 a.m. to 5:00 p.m., Saturday 8:00 a.m. – 12:00 p.m.
(not always available on Saturday)

Provides comprehensive family medical care and on-site laboratory work. Sliding fee schedule available.

Womancare/AEGIS Association

P.O. Box 192
2 Winter Street
Dover-Foxcroft, ME 04426
207-564-8165
Toll Free: 888-564-8165

Domestic violence hotline.

Workers' Compensation Board

Workers' Compensation is a type of insurance provided by your employer. It provides benefits to employees who suffer injuries on the job. These benefits include: weekly payments for time lost from work because of injury, payment of medical bills/prescriptions and related costs, payment for the lost of a specific body part, payment of the cost of vocational rehabilitation (such as job re-training and job placement), payment of death benefits to the dependents of a worker whose death was work related. If there is a dispute about whether your employer must pay your claim: a trouble shooter will contact you and try to resolve the dispute, if the trouble shooter cannot resolve the dispute, a mediation will be held, and if mediation does not resolve the dispute, you may request a formal hearing. Qualified injured workers (workers who notified employer of injury within 90 days and if employer has selected health care provider, you must go to selected health care provider within 10 days of injury, and if you want to change health care provider after the first 10 days employer must be notified) are entitled to the services of a Worker Advocate. Worker Advocates help injured workers prepare for mediation and formal hearing. Interpreters will be provided upon request for mediations and hearings.

Hours: Monday – Friday 8:00 a.m. to 5:00 p.m.

Office Locations and Phone Numbers:

Augusta

27 State House Station
24 Stone Street
Augusta, ME 04333
207-287-2308
Toll Free: 800-400-6854

Bangor

106 Hogan Road
Bangor, ME 04401-5640
207-941-4550
Toll Free: 800-400-6856

Caribou

One Vaughn Place
43 Hatch Drive, Suite 305
Caribou, ME 04736
207-498-6428
Toll Free: 800-400-6855

Lewiston

140 Canal Street
Lewiston, ME 04240-7711
207-783-5490
Toll Free: 800-400-6857

Portland

62 Elm Street
Portland, ME 04101
207-822-0840
Toll Free: 800-400-6858

York County Community Action Program

Hours: Main Office: Monday – Friday
8:00 a.m. to 5:00 p.m.

For low-income persons, with total household incomes that fall within the Federal Poverty Guidelines, the following services are available: Advocacy, case management,

central heating improvement, crisis intervention, food pantry, family day care, energy conservation, head start programs, fuel assistance, home ownership assistance, housing preservation loans, infant/toddler car seat loaners, information referral, paralegal assistance with family law & probate, transportation, weatherization, and WIC programs.

Locations and Phone Numbers:

Biddeford

64 Alfred Street
Biddeford, ME 04005
207-283-2402
Toll Free: 800-644-4202

Kittery

2 State Road
Kittery, ME 03905
207-439-2699
Toll Free: 800-644-4202

Sanford

P.O. Box 72
11 Cottage Street
Sanford, ME 04073
207-324-5762

York County Shelter, Inc.

P.O. Box 820
Alfred, ME 04002
Contact: Karla Daggett
207-324-6591

Youth Crisis Stabilization Program

42 Cedar Street
Bangor, ME 04401
Toll Free and TTY: 800-499-9130

Youth & Family Services, Inc.

P.O. Box 502
Skowhegan, ME 04976
Contact: Ron Hebert
207-474-8311

YWCA Intervention Program

130 East Avenue
Lewiston, ME 04240
207-795-4054

YWCA of Greater Portland

YWCA Substance Abuse Program

87 Spring Street
Portland, ME 04102
Contact: Paulo Braga
207-874-1130
E-Mail: www.ywca@ptldme.org
Spanish speaking staff available.

Hours: 8:00 a.m. to 5:00 p.m.

The YWCA has traditionally been in the forefront of offering community forums for social action, discussions of issues; health, wellness and aquatic programs that focus on the individual and need; emergency shelter for women and girls, and substance abuse and/or mental health counseling. When a client participating in the Substance Abuse Program is determined to need services requiring a specific focus (eating disorders, psychological testing, childhood sexual abuse, etc.) he/she will be referred to professionals with expertise and training in these areas. These referrals can occur in-house or be sent to outside professionals. Fee for individual and family counseling is \$70.00 per hour and group counseling is \$50.00 per hour. Payment can be made by Medicaid, private insurance, or private pay. A sliding fee scale is also available for those who qualify. Young women and men come to our program on their own initiative and/or by referral from the Greater Portland human and social services providers or schools.

YWCA Women's Residence & Shelter

87 Spring Street
Portland, ME 04101
Contact: Paula Banks
207-874-1130
24 Hour Voice Mail

Hours: Monday – Friday 7:00 a.m. to 9:00 p.m.

The YWCA Women's Residence & Shelter provides a safe, affordable independent community living and supportive services for women in crisis and transition for women 18 years of age and older who are homeless or at risk. Services include: mental health & substance abuse counseling, crisis intervention, community living skills, and referral to housing, medical, and other needed services. Fees are \$12.84 per night shelter bed or \$65.00 weekly for a single room.

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